



Natural Image Cosmetic Surgery & MedCenter

25500 Rancho Niguel Road, Suite 280

Laguna Niguel, CA 92677

Office (949) 448-0487 Fax (949) 448-8077

## Consent for Fraxel re:store DUAL Laser Treatment

**PATIENT NAME:** \_\_\_\_\_

**Date:** \_\_\_\_\_

The nature of the Fraxel re:store DUAL procedure has been explained to me. I understand that just as there may be benefits from the procedure, all procedures involve risk to some degree.

I understand that the following are among the **expected side effects** of the Fraxel re:store DUAL procedure:

**Discomfort** — Most people will feel some heat-related discomfort (pain) associated with the treatment. This discomfort is usually temporary during the procedure and localized within the treatment area. A small number of patients have reported tenderness in the treatment area lasting up to several weeks.

**Redness and Swelling** — Laser treatment will cause varying degrees of redness and swelling in the treatment area. These common side effects last from several days to a couple of weeks, depending upon the aggressiveness of the treatments.

**Itching** — This can occur as part of the normal wound healing process or may occur as part of infection, poor wound healing or contact dermatitis.

**Acne or Milia Formation** — A flare-up of acne or formation of milia (tiny white bumps or small cysts on the skin) may occur. These symptoms usually resolve completely.

**Herpes Simplex Reactivation** — Herpes Simplex Virus (cold sore) eruption may result in rare cases in a treated area that has previously been infected with the virus.

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I understand that the following are among the **possible risks or complications** associated with the Fraxel re:store DUAL procedure:

**Bleeding; Oozing; Crusting** — Aggressive treatment may cause pin point bleeding, petechiae (small red dots under the skin surface), and/or oozing. Crusting or scabbing may form if the clear fluid or blood dries.

**Blisters; Burns; Scabbing** — Heating in the upper layers of the skin may cause blisters or burns and subsequent scab formation. Steam from the heating may produce a separation between the upper and middle layers of the skin resulting in blister formation. The blisters usually disappear within 2-4 days. A scab may be present after a blister forms, but typically will disappear during the natural wound healing process of the skin.

**Scarring** — Scarring is a possibility due to the disruption to the skin's surface and/or abnormal healing. Scars, which can be permanent, may be raised or depressed, and scarring could lead to loss of pigment ("hypopigmentation") in the scarred area.

**Pigment Changes** — During the healing phase, the treated area may appear to be darker. This is called PIH, post inflammatory hyperpigmentation. You may have experienced this type of reaction before and noticed it with minor cuts or abrasions. PIH occurs as a part of the normal skin reaction to injury. The skin functions become hyperactive during the healing process, including cells that produce pigment. PIH occurs more frequently with darker colored skin, after sun exposure to the treatment area, or with patients who already have a tan. To reduce the risk of PIH, the treated area must be protected from exposure to the sun (sunscreen for 6 months after treatment); however, in some patients, increased skin coloring may occur even if the area has been protected from the sun. This pigmentation usually fades in 3 to 6 months.

**Hypopigmentation** — In some patients who experience pigment changes, the treated area loses pigmentation (hypopigmentation) and becomes a lighter color than the surrounding skin. This type of reaction may also be permanent.

**Infection** — If blisters or bleeding are present, an infection of the wound is possible. Scarring and associated pigment changes may result from an infection.

**Eye Injury** — Eye injuries may result from numbing cream getting into the eyes. Your eyes will be covered with protective goggles during treatment and should remain closed during the treatment. The laser could cause direct eye injury in the absence of these precautions.

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**Efficacy** — Because all individuals are different, it is not possible to completely predict who will benefit from the procedure. Some patients will have very noticeable improvement, while others may have little or no improvement. A series of treatments is usually needed for maximum results.

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**Contraindications** — Fraxel re:store DUAL cannot be performed on patients who are currently undergoing or have had Accutane treatment within the past six months, have a predisposition to keloid formation or excessive scarring or have suspicious lesions.

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*I am aware that other unexpected risks or complications may occur and that no guarantees or promises have been made to me concerning the results of the procedure. It has also been explained that during the course of the proposed procedure, unforeseen conditions may be revealed requiring performance of additional procedures. My questions regarding this treatment, its alternatives, its complications and risks have been answered by my doctor and/or his or her staff.*

*I have read this form and understand it, and I request the performance of the procedure.*

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**Patient Signature**

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**Date**

I have informed the patient of the available alternatives to treatment and of the potential risks and complications that may occur as a result of this treatment.

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**Physician/Associate Signature**

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**Date**

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**Witness**

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**Date**



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## Fraxel re:store DUAL Laser Treatment Post Care Instructions

Congratulations! You have taken the first step toward more healthy and radiant looking skin by having a Fraxel re:store DUAL laser treatment. Now it is important to help your skin heal quickly and protect your skin investment.

Your after treatment skin care regimen is tailored to the treatment you received today. Follow the instructions as listed below:

**Immediately After Treatment:** Use a bland moisturizer (i.e. Cetaphil cream) or a very thin layer of petrolatum ointment (i.e. Aquaphor) mixed with Biafine Cream. Use petrolatum ointment to cover any area with oozing and keep moist. Use of cool compresses helps alleviate the heat sensation. The cool compresses can be performed for 15-20 minutes every hour for the next 4-6 hours. You may also cleanse your face with a mild cleanser (i.e. Cetaphil Cleanser).

**First Few Days:** Continue cleansing and moisturizing over the next few days. Once the sloughing starts, please allow your skin to heal and **DO NOT** scrub, rub, or use exfoliants. Keep clothing away from treated body parts as much as possible to avoid irritation.

**First Week of Healing:** Keep treated area clean; avoid smoking, excessive alcohol consumption, excessive exercise, perspiring, swimming, or exposing skin to heat and sun.

**Skin Care Products:** All of your skin care products should be non-irritating and non-clogging for the first week or so after a Fraxel re:store treatment. Examples of brands that offer very gentle and inexpensive products that are ideal to use: Aveeno, Dove, Neutrogena, and Cetaphil.

**Scrubs, Toners, Glycolic Acid, and Retin A:** Your skin will be sensitive for the first week or so after treatment. Do not use products that will cause irritation during this time. Do not use abrasive scrubs, toners, or products that contain glycolic acids or Retin A. *Read the product labels.*

**Normal Skin Care Regimen:** Once the sloughing is complete, you may resume your routine skin care and make-up products, as long as they are tolerable to you.

**Sunscreen:** It is very important that you use sunscreen to prevent sun damage to the skin. Sunscreen should offer broadband protection (UVA and UVB) and have a sun protection factor (SPF) of 30 or more. Once sloughing is complete, use sunscreen daily for at least 3 months after your last treatment. Apply sunscreen 20 minutes before going outside, and again, immediately before. Reapply sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Your practice of diligent sunscreen use may lower the risk of laser-induced hyperpigmentation (darker color).

**Moisturizer:** Remember that peeling and/or flaking is normal during the healing process. Therefore, the moisturizer you use should be non-irritating and non-clogging, or else you could develop breakouts. During the healing period, your normal moisturizer may be too occlusive, so consider products from the brands listed above. Reapply whenever your skin feels dry.

**Bleaching Creams:** Discontinue use of your bleaching cream while your skin is tender.

**Resume your normal skin care regimen when your skin has fully healed.**

**Cold Sores:** If you have a history of cold sores, ask your doctor about care!

**Abnormal Healing:** If you notice any blisters, cuts, bruises, crusting/scabs, areas of raw skin, ulcerations, active bleeding, increased discomfort or pain, pigment changes (lighter or darker than usual complexion), or any other problems, please contact us as soon as possible.

**Questions/Concerns:** Post-treatment healing varies from patient to patient. If you have any questions or concerns, please contact the office at (949) 448-0487.